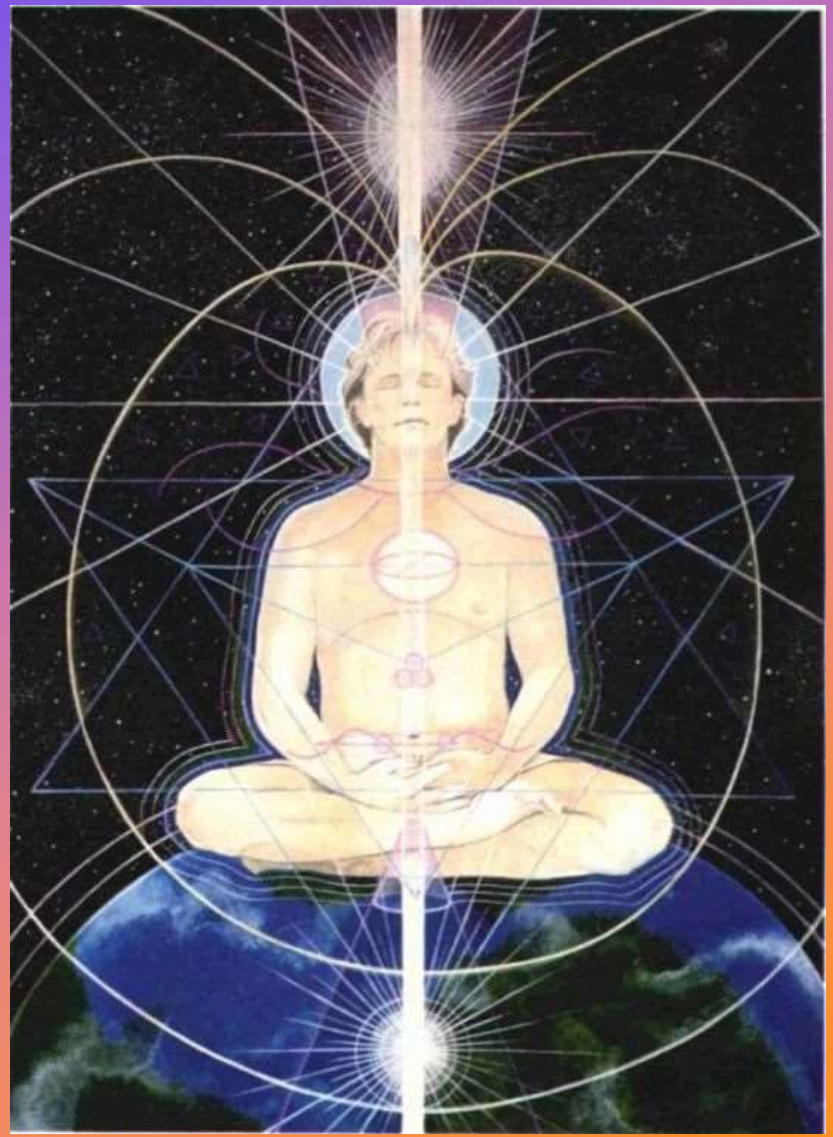
संध्या उपासना (ब्रह्म यज)

SANDHYA UPASANA (BRAHAM YAJ)



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Arya Pratinidhi Sabha America

संध्या उपासना
अथ ब्रह्म यज

VEDIC SANDHYA

भूमिका Introduction
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मार्जन मंत्र Marjan
प्राणायाम मंत्र Pranayam
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1 भूमिका (Introduction to Sandhya)

Braham yajnya-Sandhaya Upasana and **Svadhaya** are known as Braham-yajnya.

Sandhya-Sam=Thorough-absolute, Dhya=to ponder and concentrate; i.e. “an action directed towards deeply pondering and concentrating upon God, the creator”, is known as sandhya.

Upasana: While concentrating upon God, to merge the individual soul into the blissful form of God is Upasana

Svadhaya: means “svasya adhyayam” i.e. self study or study of the Vedas, Vedangas, Upanishads, Darshanas etc.

Swami Dayanand opines: “Just as humans afflicted with cold gets solace from it by going next to a fire, in the same way they get relief from all ailments and miseries by getting close to the Almighty “Agni”, GOD. The quality, action and nature of the individual soul becomes pure like that of GOD.

Humans who concentrate upon the Almighty, even momentarily, they progress constantly towards achieving salvation (Moksha). Refer to Sathyarth Prakash (S.P 7th Samullas).

2 भूमिका (Preperation before Sandhya)

Timing: Should be performed at Dawn (उषा काल) and Dusk (सायं काल).

Place: Should be performed at a peaceful, solidarity and quiet place.

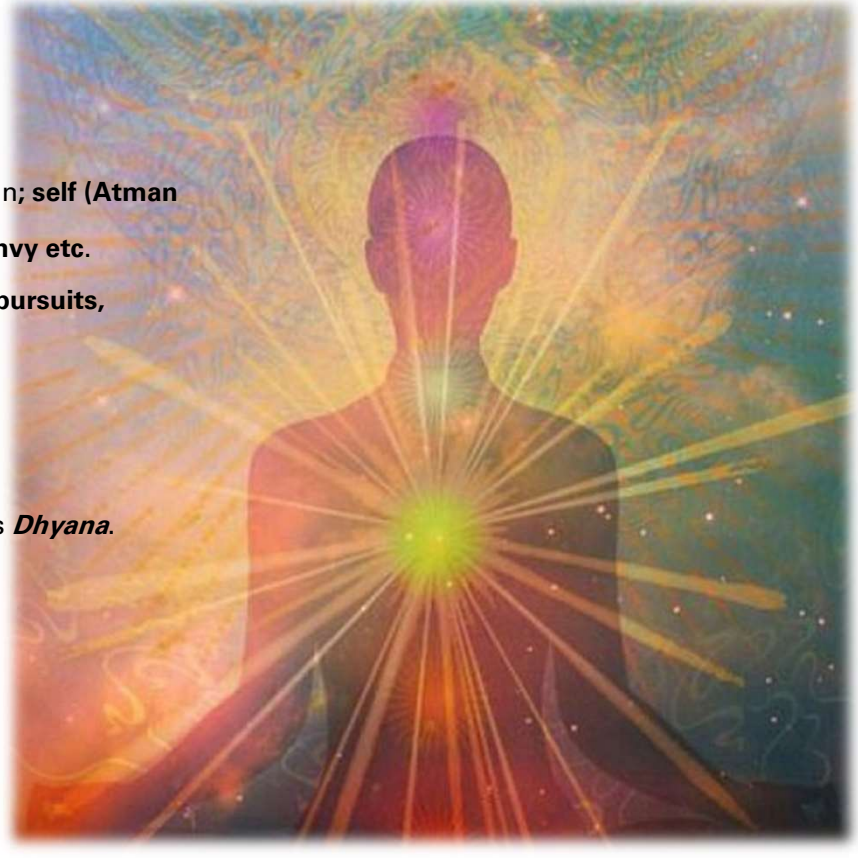
Direction: At Dawn, face East, and at Dusk face West

Posture (Asan): Sit in a comfortable posture, such as SiddhAsan or SukhAsan (cross legged)

Water Vessel: Keep a glass or lotta of water with a spoon for purposes of aachman

Thoughts about purification of the Soul: During the entire process, the seer should be focused in**; self (Atman**) purification and sanctity of self always. Must free oneself from greed, anger, lust, deceit and **envy etc**.

Concentration: Is the state of mind in which we, after purging thoughts away from our wordily **pursuits,** concentrate our minds at any given point, such as our chakras, engrossed in selfless devotion.



तत्र प्रत्ययैकतानता ध्यानम् ॥ २॥

"Tatra pratayayaika taanataa dhyaanam"- (Yog Darshan 3.2)

There is the singularity of focus, the meditation. An unbroken flow of knowledge to that object is ***Dhyana***.

The mind tries to think of one object, to hold itself to one particular spot, as the top of the head, the heart, etc., and if the mind succeeds in receiving the sensations only through that part of the body, and through no other part, that would be *Dharana* (concentration), and when the mind succeeds in keeping itself in that state for some time it is called *Dhyana* (meditation).

"**Ragopahatir dhyaanam**" (Sankhya Darshan 3.30)

Pondering upon GOD after removing the attachment from material pursuits.

ब्रह्मयज (सन्ध्या - उपासना)

Brahmayajña (Sandhyā - Upāsanā)

गामत्री भन्त्र

ओ३भ् भूर भुवः स्वः । तत् सवितुर वरेनियं भर्गो देवस्य धीमही । धियों यो न्: प्रचोदमात्॥ ऋनलेद भण्डर ३, वूतत ६२, भन्त्र १०; मजुलेद ३६. ३

Gāyatrī Mantra Aum bhūr bhuvaḥ svaḥ. Tat savitur vareṇyaṁ bhargo devasya dhīmahi; Dhiyo yo naḥ pracodayāt. Ṛg 3. 62. 10; Yaju. 36. 3

आचमन मन्त्र

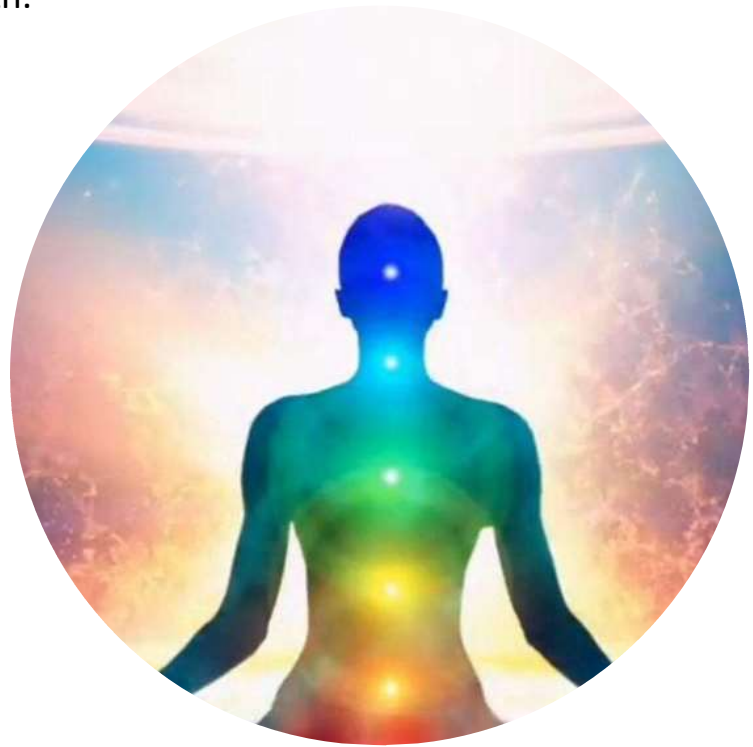
Mantra for sipping water (X3)

ओ३भ्। शन्नो देवीरभीष्ट्या आपो भवन्तु पितये ।
शंयोरभी स्रवन्तु न्:॥ ऋनलेद १०. ९. ४, मजुलेद ३६. १२

Aum. śanno devīrabhiṣṭaya āpo bhavantu pītaye,
Śaṁyorabhi sravantu naḥ. Ṛgveda 10. 9. 4, Yajurveda 36. 12

O God ! You are all pervading and possess the highest and most divine qualities. You bestow supreme pleasure upon us fulfilling our desires, while showering us with absolute pleasure and peace.

ओ३भ्। वाक वाक।	**Aum Vāk Vāk –** right-left side of your mouth.
ओ३भ्। प्राण: प्राण:।	**Aum Prāṇaḥ Prāṇaḥ -** nostrils **r -l**
ओ३भ्। चक्षुशचक्षु:।	**Aum Cakṣuś cakṣuḥ -** eyes **r -l**
ओ३भ्। श्रोतं श्रोत्रतम् ।	**Aum Śrotram Śrotram –** eras **r -l**
ओ३भ्। नाभि:।	**Aum Nābhiḥ -** navel
ओ३भ्। हृदियाम्।	**Aum Hṛdayam –** heart
ओ३भ्। कंठ:।	**Aum Kaṇṭhaḥ -** throat
ओ३भ्। शिर:।	**Aum Śiraḥ -** top of head
ओ३भ्। बाहुभ्यां यशो बलम्।	**Aum Bāhubhyāṁ yaśobalam-** arms **r -l**
ओ३भ्। करतल करपृष्ठे ।।	**Aum Karatala - karapṛṣṭhe -** both wrists **r-l**



0 God ! With your grace, may all the limbs of my body and my sense organs be powerful leading me to health and glory.

ओ३भ्। भु: पुनातू शिरसी।	Towards - head
ओ३भ्। भूव: पुनातू नेत्रयों:।	Towards - eyes
ओ३भ्। स्वः पुनातू कंठे।	Towards - throat
ओ३भ्। मह: पुनातू हृदये।	Towards - heart
ओ३भ्। जन: पुनतु नाभयम:।	Towards - navel
ओ३भ्। तप: पुनतु पादयो:।	Towards - legs
ओ३भ्। सत्यं पुनतु पुनः शिरसी:।	Towards – head again
ओ३भ्। खं ब्रह्म पुनतु सर्वत्र।।	Over entire body

0 God ! With your grace, may all the limbs of my body and my sense organs be powerful leading me to health and glory.

प्राणायाम मन्त्र

Expansion of cosmic breath (as instructed)

ओ३भ्। भु:।	Aum Bhūḥ;
ओ३भ्। भूव:।	Aum Bhuvaḥ;
ओ३भ्। स्वः।	Aum Svaḥ ;
ओ३भ्। मह:।	Aum Mahaḥ ;
ओ३भ्। जन:।	Aum Janaḥ;
ओ३भ्। तप:।	Aum Tapaḥ ;
ओ३भ्। सत्यं।	Aum Satyam.

Taittirīya Āraṇyaka 10. 27

O God ! You are the form of vital breath. You are the remover of our miseries; you are the form of pleasure, the greatest and the creator of all. You are also the personification of knowledge and truth. Keeping your qualities in mind. I am worshipping you and hoping to remove all of my faults.

ओ३म्। ऋतं च सत्यं चाभीद्धात् तपसोऽध्यजायत।

ततो रात्र्यजायत ततः समुद्रोऽ अर्णवः॥१॥

ओ३म्। समुद्रादर्णवादधि संवत्सरोऽ अजायत।

अहोरात्राणि विदधद् विश्वस्य मिषतो वशी॥२॥

Aum. Ṛtaṁ ca satyaṁ cābhīddhāt tapaso' dhyajāyata;

Tato rātryajāyata tataḥ samudro' arṇavaḥ. 1 .

Aum. Samudrādarṇavādadhi saṁvatsaro' ajāyata;

Ahorātrāṇi vidadhad viśvasya miṣato vaśī. 2 .

God creates, destroys and recreates this universe in a cyclical manner. Creation is like the day and after the end of creation, it is night, the state of complete darkness. The cycle then repeats itself. Before the present creation, God had created the entire conscious and unconscious universe previously as well. He has created heaven, sky, earth, sun, moon, stars, day and night, smaller divisions of time such as ksaṇa, muhūrta, etc. He has also created clouds, oceans, rivers and all other objects similar to the previous creations.

ओ३म्। सूर्याचन्द्रमसौ धाता यथा पूर्वमकल्पयत्।

दिवं च पृथिवीं चान्तरिक्षमथो स्वः॥३॥

ऋग्वेद १०. १९०. १ - ३

Aum. Sūryā-candramasau dhātā yathā pūrvamakalpayat;

Divaṁ ca pṛthivīṁ cāntarikṣamatho svaḥ. 3 .

Ṛgveda 10. 190. 1 - 3

God creates, destroys and recreates this universe in a cyclical manner. Creation is like the day and after the end of creation, it is night, the state of complete darkness. The cycle then repeats itself. Before the present creation, God had created the entire conscious and unconscious universe previously as well. He has created heaven, sky, earth, sun, moon, stars, day and night, smaller divisions of time such as ksaṇa, muhūrta, etc. He has also created clouds, oceans, rivers and all other objects similar to the previous creations.

आचमन मन्त्र

Sipping water 3-times

ओ३भ्। शन्नो देवीरभीष्ट्या आपो भवन्तु पितये ।
शंयोरभी स्रवन्तु न्:॥ ऋनलेद १०. ९. ४, मजुलेद ३६. १२

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O God ! You are all pervading and possess the highest and most divine qualities. You bestow supreme pleasure upon us fulfilling our desires, while showering us with absolute pleasure and peace.

ओ३म्। प्राची दिगग्निरधिपतिरसितो रक्षितादित्या s इषवः।
तेभ्यो नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम
एभ्यो अस्तु। यो३स्मान् द्वेष्टि यं वयं द्विष्मस् तं वो
जम्भे दध्मः॥१॥ अथर्व ३. २७. १

Aum. Prācī dig agniradhipatir asito rakṣitādityā' iṣavaḥ; Tebhyo namo'dhipatibhyo namo rakṣitṛbhyo nama iṣubhyo nama ebhyo astu; Yo'smān dveṣṭi yaṁ vayaṁ dviṣmas taṁ vo jambhe dadhmaḥ. Atharvaveda 3. 27. 1

God exists in the east in the form of knowledge. He is free from all kinds of bondage and protects us from all sides. God, having created the sun, allows for sunrays to act like arrows which provide us with complete protection. If anybody hates us, or has ill - feeling against us, or we have negative thoughts about others, we surrender that feeling of ill - will and ill-willed persons to your justice system. May we not have any ill feelings against others. In your justice system, fruits of action are based on the person's karma.

ओ३म्। दक्षिणा दिगिन्द्रोऽधिपति स् ति रश्चिराजी रक्षिता
पितर इषवः। तेभ्यो नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम
इषुभ्यो नम एभ्यो अस्तु। यो३स्मान् द्वेष्टि यं वयं
द्विष्मस् तं वो जम्भे दध्मः॥२॥ अथर्व ३. २७. २

Aum. Dakṣiṇā digindro'dhipatis tiraścirājī rakṣitā pitara iṣavaḥ; Tebhyo namo'dhipatibhyo namo rakṣitṛbhyo nama iṣubhyo nama ebhyo astu; Yo'smān dveṣṭi yaṁ vayaṁ dviṣmas taṁ vo jambhe dadhmaḥ. Atharvaveda 3. 27. 2

The omnipresent God exists in the southern direction as well. He protects us from taking birth as insects, flies, scorpions and other animals. The persons enriched with knowledge, might, prosperity and maturity are like the arrows which protect and inspire us. If anybody hates us, or has ill - feeling against us, or we have negative thoughts about others, we surrender that feeling of ill - will and ill - willed persons to your justice system. May we not have any ill feelings against others. In your justice system, fruits of action are based on the person’s karma.

ओ३म्। प्रतीची दिग्वरुणोऽधिपतिः पृदाकू रक्षितान्नमिषवः। तेभ्यो नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु। योऽस्मान् द्वेष्टि यं वयं द्विष्मस् तं वो जम्भे दध्मः॥३॥ अथर्व ३. २७. ३

Aum. Pratīcī digvaruṇo'dhipatiḥ pṛdākū rakṣitānnamiṣavaḥ; Tebhyo namo'dhipatibhyo namo rakṣitṛbhyo nama iṣubhyo nama ebhyo astu; Yo'smān dveṣṭi yaṁ vayaṁ dviṣmas taṁ vo jambhe dadhmaḥ. Atharvaveda 3. 27. 3

In the western direction, God who is adorable exists as well. God protects us from poisonous creatures like snakes. By worshipping God, may we be saved from taking birth as these poisonous creatures. The produce/food which we consume is like arrows of the God. May these arrows protect and inspire us. If anybody hates us, or has ill - feeling against us, or we have negative thoughts about others, we surrender that feeling of ill - will and ill - willed persons to your justice system. May we not have any ill feelings against others. In your justice system, fruits of action are based on the person's karma.

ओ३म्। उदीची दिक् सोमोऽधिपतिः स्वजो रक्षिताशनिरिषवः। तेभ्यो नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु। योऽस्मान् द्वेष्टि यं वयं द्विष्मस् तं वो जम्भे दध्मः॥४॥ अथर्व३. २७. ४

Aum. Udīcī dik somo'dhipatiḥ svajo rakṣitāśanirişavaḥ; Tebhyo namo'dhipatibhyo namo rakṣitṛbhyo nama iṣubhyo nama ebhyo astu; Yo'smān dveṣṭi yaṁ vayaṁ dviṣmas taṁ vo jambhe dadhmaḥ. Atharvaveda 3. 27. 4

In the northern direction, God showers pleasures and peace by virtue of his tranquilizing qualities. God is unborn and protects us all. The glow in the northern direction is also like an arrow that protects and inspires us all. If anybody hates us, or has ill - feeling against us, or we have negative thoughts about others, we surrender that feeling of ill - will and ill - willed persons to your justice system. May we not have any ill feelings against others. In your justice system, fruits of action are based on the person’s karma.

ओ३म्। ध्रुवा दिग्विष्णुरधिपतिः कल्माषग्रीवो रक्षिता वीरुध इषवः। तेभ्यो नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम इषुभ्यो नम एभ्यो अस्तु। योऽस्मान् द्वेष्टि यं वयं द्विष्मस् तं वो जम्भे दध्मः॥५॥ अथर्व ३. २७. ५

Aum. Dhruvā dig viṣṇur adhipatiḥ kalmāṣa grīvo rakṣitā vīrudha iṣavaḥ; Tebhyo namo' dhipatibhyo namo rakṣitṛbhyo nama iṣubhyo nama ebhyo astu; Yo' smān dveṣṭi yaṁ vayaṁ dviṣmas taṁ vo jambhe dadhmaḥ. Atharvaveda 3. 27. 5

In the direction below us, God protects us by removing our sins and evil traits. The herbs and the vegetation and creepers are also like arrows which protect and inspire us. If anybody hates us, or has ill - feeling against us, or we have negative thoughts about others, we surrender that feeling of ill - will and ill - willed persons to your justice system. May we not have any ill feelings against others. In Your justice system, fruits of action are based on the person's karma.

ओ३म्। ऊर्ध्वा दिग् बृ हस्पतिरधिपतिः श्वित्रो रक्षिता
वर्षमिषवः। तेभ्यो नमोऽधिपतिभ्यो नमो रक्षितृभ्यो नम
इषुभ्यो नम एभ्यो अस्तु। यो३स्मान् द्वेष्टि यं वयं द्विष्मस्
तं वो जम्भे दध्मः॥६॥ अथर्व ३. २७. ६

Aum. ūrdhvā dig bṛhaspatir adhipatiḥ śvitro rakṣitā varṣamiṣavaḥ; Tebhyo namo'dhipatibhyo namo rakṣitṛbhyo nama iṣubhyo nama ebhyo astu; Yo'smān dveṣṭi yaṁ vayaṁ dviṣmas taṁ vo jambhe dadhmaḥ. Atharvaveda 3. 27. 6

In the direction above us, God, who is the ultimate source of knowledge and is the protector of this universe, is our lord. The rain from heavens is like arrows which protect and inspire us. If anybody hates us, or has ill - feeling against us, or we have negative thoughts about others, we surrender that feeling of ill - will and ill - willed persons to your justice system. May we not have any ill feelings against others. In your justice system, fruits of action are based on the person's karma.

ओ३म्। उद् व यं तमस स् प रि स्वः पश्यन्त उत्तरम्। देवं
देवत्रा सूर्यमगन्म ज्योतिरुत्तमम्॥१॥

यजुर्वेद ३५. १४

Aum. Ud vayaṁ tamasas pari svaḥ paśyanta uttaram;

Devaṁ devatrā sūryam aganma jyotir uttamam.

Yajurveda, 35. 14

O God ! You are beyond the darkness of ignorance. You are of the form of illumination, of the form of pleasure, the governor of the moving and the unmoving world and existent even after the doomsday. You are God of gods and the most superior. Bestow your grace upon us so that we may attain you through faith and devotion.

ओ३म्। उदुत्यं जातवेदसं देवं वहन्ति केतवः।

दृशे विश्वाय सूर्यम्॥२॥ यजुर्वेद ३३. ३१

Aum. Udutyaṁ jātavedasaṁ devaṁ vahanti ketavaḥ; Dṛśe viśvāya sūryam. Yajurveda, 33. 31

God has created this universe systematically and everything in this universe is in perfect order. This fact is the evidence that there is definite existence of, intensity of knowledge, and determination of God. He is the substratum of the entire world, the animate and inanimate. May we worship God who possesses divine qualities for attaining complete knowledge.

ओ३म्। चित्रं देवानामुदगादनीकं चक्षुर् मि त्रस्य वरुणस्याग्नेः। आप्रा द्यावा पृथिवीऽ अन्तरिक्षं सूर्यऽ आत्मा जगतस्तस्थुषश्च स्वाहा॥३॥ यजुर्वेद ७. ४२

Aum. Citraṁ devānām udagād anīkaṁ cakṣur mitrasya varuṇasyāgneḥ; Āprā dyāvā pṛthivī' antarikṣaṁ Sūrya' ātmā jagatas tasthuṣaśca svāhā. Yajurveda, 7. 42

God's qualities, deeds and nature are wonderful. He is illuminated in the hearts of the scholars. He is the substratum of all. He is the perceiver of the worshipper having amicable nature, good conduct and excellent knowledge. He is the light of all. He is the sole creator. Supporter and protector of the entire world consisting of heaven, earth, sky etc. He is the substratum of the mobile and the immobile world. I am exactly realizing this form of God.

ओ३म्। तच्चक्षुर् देवहितं पुरस्ताच्छुक्रमुच्चरत्। पश्येम शरदः शतं जीवेम शरदः शतं शृणुयाम शरदः शतं प्रब्रवाम शरदः शतमदीनाः स्याम शरदः शतं भूयश्च शरदः शतात्॥४॥ यजुर्वेद ३६. २४

Aum. taccakṣur devahitaṁ purastācchukram uccarat. paśyema śaradaḥ śataṁ jīvema śaradaḥ śataṁ śṛṇuyāma śaradaḥ śataṁ prabravāma śaradaḥ śatamadīnāḥ syāma śaradaḥ śataṁ bhūyaśca śaradaḥ śatāt. Yajurveda, 36. 24

0 God ! You are the perceiver of all and the benefactor of scholars and devotees. You have been ever existent even before creation. May we be able to see your pure form for a hundred years. May we live for a hundred years concentrating upon you. May we listen to your characteristics for a hundred years and be able to speak of them for a hundred years. May we not face adversity and may we never be subservient to anybody for a hundred years. Even after a hundred years, may we live while seeing you, meditating upon you, listening to and speaking of your characteristics without facing any adversity.

गायत्री मन्त्र

ओ३म् भूर् भुवः स्वः। तत् सवितुर् वरेण्यं भर्गो देवस्य धीमहि। धियो यो नः प्रचोदयात्॥

Gāyatrī Mantra

Aum. Bhūr bhuvaḥ svaḥ. Tatsavitur vareṇyaṁ Bhargo devasya dhīmahi; Dhiyo yo naḥ pracodayāt.

0 God ! The giver of life, remover of pains and sorrows, bestower of happiness and creator of the universe. Thou art most lumpiness, pure and adorable, we meditate upon thee. May you inspire and guide our intellect in the right direction.

समर्पण मन्त्र

हे ईश्वर दयानिधे ! भवत्कृपयाऽनेन जपोपासनादिकर्मणा,

धर्मार्थकाममोक्षाणां सद्यः सिद्धिर् भवेन्नः॥

Samarpaṇa Mantra (Surrender)

He īśvara dayānidhe ! Bhavat kṛpayā'nena japopāsanādi karmaṇā; Dharmārtha kāma mokṣāṇāṁ sadyaḥ siddhir bhavennaḥ.

O God ! The ocean of kindness and mercy ! We surrender to you. Please bless us so that we soon live life with righteousness (Dharma), and while doing so, enjoy the worldly objects fully (Artha), the resulting pleasures (Kāma) and even attain liberation (Mokṣa) by our devotional deeds including worship and prayer.

नमस्कार मन्त्र

ओ३म्। नमः शम्भवाय च मयोभवाय च। नमः शङ्कराय च मयस्कराय च। नमः शिवाय च शिवतराय च॥

यजुर्वेद १६. ४१

Namaskāra Mantra (Salutation)

Aum. Namaḥ śambhavāya ca mayobhavāya ca; Namaḥ śaṅkarāya ca mayaskarāya ca; Namaḥ śivāya ca śivatarāya ca. Yajurveda, 16. 41

0 God ! The embodiment of peace, pleasure and bliss ! Bestow upon us welfare by providing us peace, pleasure and blissfulness. We pay our salutations to you again and again.

ओ३म् शान्तिः शान्तिः शान्तिः।

॥ इति सन्ध्या - उपासना विधिः॥

Aum śāntiḥ śāntiḥ śāntiḥ.

Here ends the Sandhyā – Upāsanā Vidhiḥ.

Abstract of Brahmayajña (Sandhyā - Upāsanā) mantras

Oh! Ever existent conscious and blissful Lord ! We devote to you and offer our prayer, praise and worship you. Bestow welfare upon us by showering peace and pleasure. May we do noble deeds so that we remain healthy and strong. May all our sense organs and bodily functions remain active and undiminished until the end of life. May our minds remain pure and determined to perform good deeds. May our hearts remain the abode of truth, love, kindness and peace. Oh God ! You are the sole creator and governor of this universe. You have created this universe and continue to protect and nurture all. You provide us all that are necessary in life such as fire, air, water, sky and the glistening bodies such as the moon and sun. May we avoid sinful and evil deeds and may we experience your pure, just and all - pervading form in our hearts.

Oh Lord ! You are present in all directions – the east, west, north, south, above us and below us. You protect us with your divine powers. The various objects which you have created protect and inspire us like arrows. We are forever in obeisance to you. Oh God ! We seek your kindness and pray to you that you destroy the feeling of hatred from our hearts. May we realize you in our hearts, strive to attain some of your qualities, and attain eternal bliss.

Oh God ! The abode of pleasure ! May we continue to see your existence for a hundred years. May we meditate upon you for a hundred years. May we listen to your virtues for a hundred years. May we speak of your virtues for a hundred years and lead our lives subservient to none. Even after a hundred years, may we continue to function mentally, physically, emotionally and spiritually so that we may forever strive to attain your characteristics. Oh God ! The ocean of compassion ! May we attain through your worship and devotion, **dharma** – a truthful and judicious conduct, **artha** - the acquisition of worldly objects through righteous means, **kāma** - the enjoyment of worldly objects acquired through pious means, and **mokṣa** - the liberation. We salute you again and again. Bestow upon us blissful liberation while providing us all kinds of pleasures and peace. This is the only prayer I make. Oh God ! Exceed to it, exceed to it, exceed to it.

THANK YOU

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